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cator is associated with a modulation format in a set of modulation formats and a packet size in a set of packet sizes;
 instructions for transmitting the quality indicator to the base station; and
 instructions for receiving data as a function of the quality indicator.

27. A method in a communication system, comprising:
 transmitting a pilot from a base station;
 receiving a quality indicator determined based on the pilot, wherein the quality indicator is associated with a modulation format in a set of modulation formats and a packet size in a set of packet sizes; and
 transmitting data from the base station as a function of the quality indicator.

28. The method as in claim 27, wherein transmitting data comprises:
 transmitting data based further on knowledge of the presence or absence of data transmissions.

29. An apparatus for a wireless communication system, comprising:
 means for transmitting a pilot from a base station;
 means for receiving a quality indicator determined based on the pilot, wherein the quality indicator is associated with a modulation format in a set of modulation formats and a packet size in a set of packet sizes; and
 means for transmitting data from the base station as a function of the quality indicator.

30. The apparatus as in claim 29, wherein the means for transmitting data comprises:
 means for transmitting data based further on knowledge of the presence or absence of data transmissions.

31. The apparatus as in any of claims 29 to 30, wherein the apparatus is a non-transitory computer-readable medium encoded with a computer program configured to increase data throughput and efficiency when coupled to a computing device.

32. A non-transitory computer-readable medium encoded with a computer program for a communication system, comprising:
 instructions for transmitting a pilot from a base station;
 instructions for receiving a quality indicator determined based on the pilot, wherein the quality indicator is associated with a modulation format in a set of modulation formats and a packet size in a set of packet sizes; and
 instructions for transmitting data from the base station as a function of the quality indicator.

33. An apparatus for wireless communication, comprising:
 at least one processor configured to receive a pilot from a base station, to measure channel quality of a link in a communication system based on the pilot received from

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the base station, to determine a quality indicator based on the channel quality of the link, wherein the quality indicator is associated with a modulation format in a set of modulation formats and a packet size in a set of packet sizes, to transmit the quality indicator to the base station, and to receive data as a function of the quality indicator.

34. The apparatus as in claim 33, wherein the at least one processor is configured to periodically measure Carrier-to-Interference (C/I) of the link.

35. The apparatus as in claim 34, wherein the at least one processor is configured to measure Carrier-to-Interference (C/I) of the link at every time slot.

36. The apparatus as in claim 33, wherein the at least one processor is configured to receive data transmitted based on the modulation format.

37. The apparatus as in claim 33, wherein the quality indicator comprises an index specifying the modulation format.

38. The apparatus as in claim 33, wherein the at least one processor is configured to determine a data rate based on the channel quality, to determine the modulation format as a function of the data rate, and to determine the quality indicator as a function of the data rate and the modulation format.

39. The apparatus as in claim 38, wherein the modulation format is associated with at least one data rate in a set of data rates.

40. The apparatus as in claim 33, wherein the quality indicator is further associated with a data rate in a set of data rates.

41. The apparatus as in claim 33, wherein the modulation format comprises quadrature phase shift keying (QPSK).

42. The apparatus as in claim 33, wherein the modulation format comprises quadrature amplitude modulation (QAM).

43. The apparatus as in claim 33, wherein the modulation format comprises 16 quadrature amplitude modulation (16-QAM).

44. The apparatus as in claim 33, wherein the pilot is a common pilot sent to a plurality of terminals.

45. An apparatus for wireless communication, comprising:
 at least one processor configured to transmit a pilot from a base station, to receive a quality indicator determined based on the pilot and associated with a modulation format in a set of modulation formats and a packet size in a set of packet sizes, and to transmit data from the base station as a function of the quality indicator.

46. The apparatus as in claim 45, wherein the at least one processor is configured to transmit data based further on knowledge of the presence or absence of data transmissions.

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